

THE PRINT



October Feature

It's Fall y'all! We look forward to the start of the festive season. Grab a friend and head out on the town to First Fridays, presented by the Senior Services Committee, with an exclusive Happy Hour for older adults held at the Palms Restaurant (membership not required). Dig out your cowboy boots and jeans because we are going Country with a Line Dance on Friday October 14th! And start preparing for the 55 Plus Member Monster Mash held on Fright-Day October 28th! Join us at the Adult Recreation Center for a Halloween party complete with a Magic Show, dancing, spooky snacks, and more. You will even be able to prepare a painted pumpkin for your doorstep. BUNCO is back on the 3rd Thursday of the month and Prize BINGO continues the last Monday of the month, join us to win a trick or treat. October's Great Getaway Day Trip is destined for Blackhawk Museum and Tenuta Winery. Thank you to those who participated in our first 55 Plus Social Committee meeting last month. We look forward to continuing these meetings each month! Currently we are looking for volunteers to craft birthday cards, help plan a Veterans Day event, and organize 55 Plus participation in the Christmas Parade.

Sincerely, Lianne Kennedy (Recreation Coordinator)



Monday – Friday
Office Hours: 9:00AM – 12:00PM
208 E. Main Street, Los Gatos, CA 95030

408.354.1514
55plus@lgsrecreation.org
www.LGSRecreation.org

October

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
St. Mary's Bridge (Rm 5) 10:00AM-1:30PM Democracy Tent (Rm 214) 10:30AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM Balance Awareness (Hall) 2:00PM-3:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM	Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Who What Where (Lounge) 11:30AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM	Game Day: Bridge & Scrabble (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM SJSU Nursing Students Wellness Checks 10:30AM-12:30PM Art & Music Appreciation (Lounge) 12:00PM-1:15PM	Learn to Play: Mah Jongg #1 (Hall) 9:00AM-11:00AM Social Support Group with Jaaneen (Lounge) 10:30AM-11:30AM 55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM	NEW 55 Plus Social Committee Meetings (Rm 3) 10:00AM-11:00AM Artist Workshop (Hall) 9:00AM-12:00PM Needle Craft (Lounge) 9:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM First Fridays @ The Palms (Hall) Flyer for Details 4:00PM-5:30PM
10	11	12	13	14
Hands on Art Class (Hall) *RSVP 10:00AM-12:00PM St. Mary's Bridge (Rm 5) 10:00AM-1:30PM Democracy Tent (Rm 214) 10:30AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM Balance Awareness (Hall) 2:00PM-3:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM	HICAP by Appt (Rm 3) 9:00AM-12:30PM Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Armchair Travel: Morocco (Lounge) 11:30AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM	Game Day (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM Women's Art Connection (Rm 3) 10:00AM-12:00PM SJSU Nursing Students Wellness Checks 10:30AM-12:30PM Art & Music Appreciation (Lounge) 12:00PM-1:15PM Single Again (Rm 3) 12:30PM-2:30PM Reader's Theatre (Lounge) 3:00PM-5:00PM	Learn to Play: Mah Jongg #2 (Rm 5) 9:00AM-11:00AM Speaker Sheila NP: Caregivers Group (Lounge) 9:30AM-11:30AM 55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM	Artist Workshop (Hall) 9:00AM-12:00PM Needle Craft (Lounge) 9:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM Special Event: Historic Los Gatos: Virtual Tour (Hall) 3:00PM-4:00PM Social Dance: Country and Western Line Dance (Hall) \$5 members/\$10 public 6:00PM-8:00PM
17	18	19	20	21
Hands on Art Class (Hall) *RSVP 10:00AM-12:00PM St. Mary's Bridge (Rm 5) 10:00AM-1:30PM Democracy Tent (Rm 214) 10:30AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM Balance Awareness (Hall) 2:00PM-3:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM	Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:00PM Pinochle (Rm 5) 1:00PM-4:30PM NEW Magical Movie Tour (Lounge) *RSVP 1:00PM-3:00PM	Game Day (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM SJSU Nursing Students Wellness Checks 10:30AM-12:30PM Art & Music Appreciation (Lounge) 12:00PM-1:15PM	Learn to Play: Mah Jongg #3 (Hall) 9:00AM-11:00AM Prize BUNCO (Rm 5) *RSVP 9:30AM-11:30AM 55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM Tech with Teens (Rm 3) 3:00PM-4:00PM	Artist Workshop (Hall) 9:00AM-12:00PM Needle Craft (Lounge) 9:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM Great Getaway Day Trip - Museum & Tenuta Winery *Sign Up Required 8:30AM-4:30PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM
24	25	26	27	28
St. Mary's Bridge (Rm 5) 10:00AM-1:30PM Democracy Tent (Rm 3) 10:30AM - 12:00PM Stay Fit (Hall) 1:00PM-2:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM Balance Awareness (Hall) 2:00PM-3:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM	Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Book Club (Rm 3) 12:00PM-1:30PM Pinochle (Rm 5) 1:00PM-4:30PM Jeopardy (Lounge) 1:30PM-2:30PM	Game Day (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM SJSU Nursing Students Wellness Checks 10:30AM-12:30PM Art & Music Appreciation (Lounge) 12:00PM-1:15PM	Learn to Play: Mah Jongg #4 (Rm 5) 9:00AM-11:00AM Town Covid Testing by Appt. 9:30AM-3:00PM 55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM Pinochle & Other Games (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM	Artist Workshop (Hall) 9:00AM-12:00PM Needle Craft (Lounge) 9:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM Special Event: 55 Plus MONSTER MASH (Hall) 5:30PM-7:30PM

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Prize BINGO (Hall) *RSVP 10:00AM-12:00PM St. Mary's Bridge (Rm 5) 10:00AM-1:30PM Democracy Tent (Rm 214) 10:30AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM Balance Awareness (Hall) 2:00PM-3:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM

MONSTER MASH

Friday October 28th 5:30PM-7:30PM at the Adult Recreation Center

- Professional Magic Show
- Pumpkin Painting
 - Dancing
 - Costumes
- Spooky Snacks

Group Descriptions

- **55+ ZUMBA Gold** - Instructor Kiana is back on land to teach this 10-week program. Join this easy-to-follow dance workout perfect for the active older adult. *Pre-registration required \$5/class.*
- **Art and Music Appreciation** - Interactive class exploring and discussing influential artists and musicians followed by the West Valley College Instructor playing guitar and leading the group singing well-known songs. Participants are welcome to bring their own instruments in! *Sign up with the 55 Plus office required.*
- **Armchair Traveler** - Each month we discuss and virtually travel to a new far-off destination.
- **Artist Workshop** - Open workspace. Bring in your materials and work on your individual projects with our welcoming community of artists. No formal instruction and all levels are welcome.
- **Balance Awareness** - Join Mary Ann Smith, a certified personal trainer, from West Valley College for this balance class. *Sign up with the 55 Plus office required.*
- **Book Club** - Meets on the 4th Tuesday of each month. October is free read and will discuss personal book selection as well as books to read in 2023!
- **NEW Bingo** - Get out your dauber and get ready to have some fun! Join us monthly for prize BINGO.
- **NEW Bunco** - May the dice be in your favor in this social, luck-based game. Sign up with the 55 Plus Office Required so tables can be arranged. 12 players (or more) needed!
- **Current Events** - Lively and informative discussions regarding local, state, national and world current events. Attendees are encouraged to bring topics that are important to them to discuss.
- **Democracy in Peril** - Take some. Leave some. Share some of what you take. That is capitalism. What say you???
- **Democracy Tent** - Nonpartisan. Discuss the most pressing issues in Los Gatos in an open environment to prompt understanding and change. Facilitators provide topics for discussion but are open to suggestions. Zoom access bit.ly/32MyTmx or meet in person.
- **Hand and Foot Canasta** - Calling all Canasta players! See the 55 Plus office for a list of rules and a description of play.
- **Jeopardy** - Put your thinking cap on and test your general knowledge on ever rotating topics. Come out to join our discussion and learn something new!
- **Magic Movie Tour** - Lights, Camera, Action! Join Sandy Decker each month for a movie, discussion, and fun facts about the world of cinema...and maybe some popcorn!
- **Mah Jongg** - Friendly American Mah Jongg players group. All levels are welcome. If you are interested in learning to play, please sign up with the 55 Plus office.
- **Needle Craft Corner** - Join other knitters, crocheters, cross-stitchers or hand-crafted project enthusiasts.
- **Pinochle** - Double Deck Pinochle. Experienced players only, no instruction.
- **Prime Timers' Support Group**: Warm and welcoming open forum social support group.
- **Reader's Theater** - Read aloud modern and classic plays without having to memorize the lines! Sign up with the 55 Plus office required.
- **Single Again... But Not By Choice** - For women who are widowed. Meet others who will understand and provide support in dealing with this life-changing transition.
- **NEW Social Committee Meeting** - Volunteer opportunity. Help shape what programs, activities and socials are available through the 55 Plus program. Help plan and decorate for upcoming social events. Help make our community warmer and brighter!
- **SJSU Wellness Checks** - San Jose State Community Nursing students will be volunteering and available for blood pressure checks and health related discussions.
- **Stay Fit** - Join Mary Ann Smith, a certified personal trainer, from West Valley College for this chair-based exercise class. *Sign up with the 55 Plus office required.*
- **St. Mary's Bridge** - Looking for intermediate level bridge players interested in subbing. *Sign up required, inquire with 55 Plus office.*
- **Tech with Teens** - Bring your devices and questions on the 3rd Thursday of each month. Our knowledgeable high school volunteers are available to assist you with tech support.
- **Town of Los Gatos-COVID-19 Testing** - Appointment required bit.ly/3qQ68ND
- **Tuesday Town Walkers** - Get Moving! Walk to local areas at your own pace, socialize and explore Los Gatos.
- **Wednesday Game Day** - Bridge, Scrabble and Canasta. Come join our friendly group. To reserve your spot, please contact Lynnette 650.747.0605 or lahondalynnette@earthlink.net. Proceeds for the first two Game Days will be donated to the Walk to End Alzheimer's event. See the 55 Plus Program Highlights section for more information.
- **Who, What, Where?** - Social discussion group. From famous people, interesting places, to random objects. 25 clues will be presented one by one to bring you closer to guessing Who, What or Where! Followed by a more in-depth discussion.
- **Women's Artist Connection** - Share examples of your artwork in a friendly and non-judgmental atmosphere. Please bring 2 examples of your artwork (painting, drawing, collage, photography, poetry, etc.)

55 Plus Program Highlights

55 Plus MONSTER MASH

Friday October 28th 5:30PM-7:30PM at the Adult Recreation Center

5:30pm-6:00pm | Mingling, Games, Refreshments

6:00pm-6:45pm | MAGIC SHOW

6:45pm-7:30pm | Dancing

Halloween Party for 55 Plus Members! Costumes are encouraged and a prize will be awarded to the best costume! If costumes aren't your thing, please wear black or orange in the spirit of Halloween. Please RSVP with the 55 Plus Office to help us prepare refreshments and supplies for the event.

Free for members!

Mah Jongg Learn to Play Series

Thursdays - 9:00AM-11:00AM

Oct 6, 13, 20 and 27



Our talented volunteer instructor Kalane will be back to teach "Learn to Play: Mah Jongg" this fall! The 4 lessons will start with the basic rules and progress all the way to game play. This is an awesome introduction to

American Mah Jongg which will give you the skills you need to be able to join the ongoing Tuesday players group. The new time of 3:00PM.

Historic Los Gatos: Virtual Tour with Alan Feinberg

Friday October 14th - 3:00PM-4:00PM

Alan Feinberg will be back for the third and final talk from the "Discover LOST Gatos" collection of historical walking tours. The talk will last about an hour with plenty of time for Q&A. Please note the new time of 3:00PM.



WELCOME STUDENT VOLUNTEERS



SJSU Nursing Students – Welcome Jenny and Jamie

Jenny is a fourth-year nursing student. She adores singing, acting, riding extreme roller coasters, and reading. Jamie is a fourth-year nursing student. She enjoys watching documentaries on psychology and the paranormal, has begun a new hobby of Brazilian Jiu jitsu, and enjoys playing ping pong.

Visit our student nurses on Wednesdays from 10:30AM-1:00PM and help them practice their skills taking blood pressure and interacting with people in the community!

Tech with Teens – Welcome Henry

Henry is a sophomore at Los Gatos High School. He enjoys mountain biking and playing video games. Bring your devices and questions to Henry at the Adult Recreation Center every third Thursday from 3:00PM-4:00PM.



55 Plus Program Highlights

55+ SOCIAL DANCE COUNTRY & WESTERN LINE DANCING



Friday October 14th 6pm-8pm

45 Minute Instruction with Mandi
Light Refreshments will be Provided

Purchase Tickets
with the
55 Plus Office or Online

**Purchase Your
Tickets Now!**

\$5 for 55 Plus Members
\$10 for Non-Members



*Please note this event is intended for adults aged fifty-five and above. This is an alcohol-free event. Alcohol will not be sold or permitted to be brought into the venue.

GREAT GETAWAYS

October 21st
8:30AM-4:30PM

55 Plus Member Price: \$170, Adult Ticket: \$180

Transportation available from either the Joan Pisani Center
in Saratoga or Adult Recreation Center in Los Gatos.



Travel with us to "Many Worlds. One Museum" at the Blackhawk Museum showcasing 5 unique galleries and collections. Explore exotic animals, travel into China, cruise classic cars, admire Art of Africa, and get into the Spirit of the Old West. Then let our bus driver whisk us away to lunch. We will venture into Livermore Wine County to tour Tenuta Vineyards. We look forward to friendly service during our lunch, tasting, and tour!

Scan me



www.lgsrecreation.org

408.354.1514



First Fridays

"Come for the fun, stay for the vibe."
est. 2022

Happy Hour!

We'd love to see you at The Palms Restaurant for Happy Hour, exclusively for older adults, starting in October, on the first Friday of each month.

Bring your friends! Meet new friends! But most importantly, just have fun.

The Palms Restaurant will be offering **Special Happy Hour prices** - can't beat that!!

"Come for the fun, stay for the vibe."
When: Oct 7, Nov 4, Dec 2 etc.
4 pm - 5:30 pm
Where: The Palms Restaurant
115 N. Santa Cruz Ave. Los Gatos

Brought to you by The Palms Restaurant & the
Town of LG Senior Services Committee



Saturday October 15th at 9:00AM

Excite Ball Park 588 E Alma Ave San Jose, CA 95112

Join other Older Adults by signing up to walk with team "Let's Go Los Gatos" through charming History Park led by Tom Picraux. Donations for Wednesday Game Day on October 5th and 12th will be donated in support of team "Let's Go Los Gatos". If you would like to walk with this group sign up with the 55 Plus office or online at bit.ly/3Ciy5ov

Donate Here: bit.ly/3Snx0B8

Join us for Tech with Teens on October 20th - Special Event

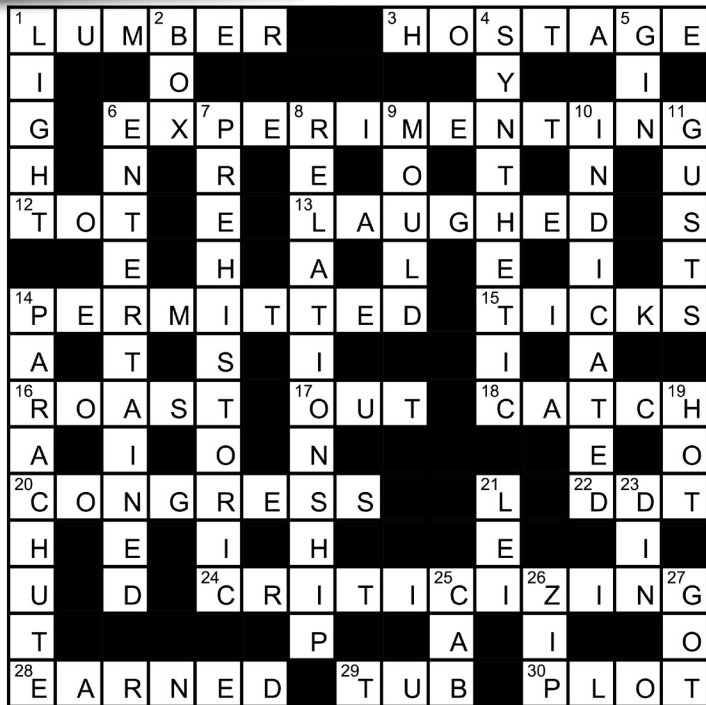
Volunteer Henry will have Chromebooks available and can help you become a certified Dementia Friend in under 15 minutes. Complete the training at home by visiting www.dementiafriendsusa.org/become-a-dementia-friend

Monthly-Quiz & Puzzles

Crossword #9

September Answer Key

(solution)



A Halloween Mathematical Message

Work the math problems and then match the assigned letters to the message.

$$T = 7 \overline{)588} \quad U = 17 \overline{)1513} \quad G = 18 \overline{)396}$$

$$H = 14 \overline{)574} \quad Y = 41 \overline{)1066} \quad L = 21 \overline{)798}$$

$$E = 16 \overline{)1472} \quad S = 13 \overline{)949} \quad O = 21 \overline{)1365}$$



How do ghosts search the web?

$$\underline{\quad} \underline{\quad} \underline{\quad} \underline{\quad} \underline{\quad} \quad \underline{\quad} \underline{\quad} \underline{\quad}$$

$$\underline{\quad} \underline{\quad} \underline{\quad} \underline{\quad} \underline{\quad} \quad \underline{\quad} \underline{\quad} \underline{\quad}$$

MOROCCO

"Join us for Armchair travel to discover more about Morocco!"

The words listed below can be found vertically, horizontally, forward, and backward. Disregard spaces.



- | | | |
|------------|----------|-------------|
| ARGAN TREE | FEZ | SAFFRON |
| BLUE CITY | HAGGLING | SAHARA |
| CAMELS | LEATHER | SHEEP |
| CASABLANCA | MARKETS | SNAKES |
| COUSCOUS | MINT TEA | SOLAR POWER |
| CUMIN | MOSQUES | STRAY CATS |
| DIRHAM | RIADS | TAGINE |



Mixed-Up Mystery

Unscramble the letters to reveal words that are associated with mystery.

1. VEENEDCI _____
2. TIETEDCEV _____
3. STUPECS _____
4. LECPOI _____
5. CHNHU _____
6. GUNRETII _____
7. CULSE _____
8. SRTECSE _____
9. NDGREA _____
10. EUHTSL _____
11. MIEOTV _____
12. IMCER _____
13. IBAIL _____
14. SEPSI _____
15. OSOPN _____
16. SESNTWI _____
17. CVITMI _____
18. EASEPC _____



Special Events/Announcements



Hands on Art Class



55 Plus Zumba Underway



**Great Getaway Bus Trip -
Horse Races Golden Gate Fields**



Neurobics Winners - August

Events Around Town

Family Art Day

More info - bit.ly/3SKdsqs

Where - Civic Center Lawn

When - 10/1 10:00AM-6:00PM

Bring your grandchild out for Diversity Day
\$15/child \$10/adult

First Fridays for Older Adults

Brought to you by the Town of Los Gatos Senior
Services Committee

Where - Palms Restaurant

10/7 4:00PM-5:30PM

Los Gatos Beer & Wine Walk

More info - bit.ly/3riH16N

Where - Civic Center Lawn

Where - 10/15 1:00PM-4:00PM

Tickets \$50



55 Plus Programs

Become A 55 Plus Program Member
(\$25 Annual Fee)

55 Plus Program Facilitators and Volunteers

Are you interested in starting a new club or group at the Adult Recreation Center? Are you looking to get involved in our community? Contact 55plus@lgsrecreation.org or call 408.354.1514.

Great Getaway Adult Day Trips

Pick up for all trips from the

Los Gatos Adult Recreation Center
208 E Main St, Los Gatos, CA 95030

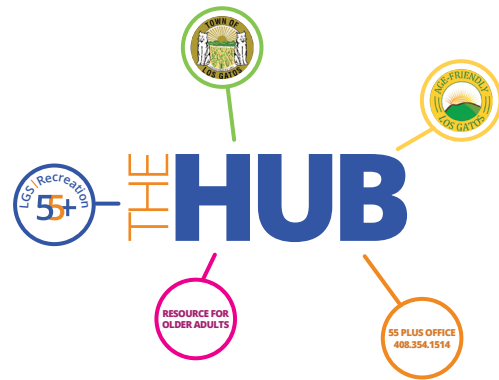
Joan Pisani Community Center
19655 Allendale Ave, Saratoga, CA 95070

Registration for Fall Trips NOW OPEN

55 Plus Members receive \$10 off all Great Getaway trips!

To register call 408.354.1514 or bit.ly/3NN57Qw

- **October 21st - Blackhawk Museum & Tenuta Winery** - "Many Worlds. One Museum" with 5 unique galleries and collections. Then Venture into Livermore Wine County to Tenuta Vineyards. We look forward to friendly service during our lunch, tasting, and tour! Your ticket includes transportation, entry to the museum, lunch, tasting, and winery tour. Member Price: \$170
- **November 7th - USS Hornet Ship Museum** - Sea, air, and space museum ship on the southernmost pier of the former Naval Air Station Alameda. Your ticket includes transportation, entry to the museum, a docent, and box lunch. Member Price: \$90



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INFORMATION & RESOURCES FOR THE OLDER ADULT

LGS Recreation has provided this resource page to help connect older adults to services and information.

- **55 Plus Office - Available Services**
- **Alzheimer's & Dementia**
- **Assistive Technology**
- **Caregiver Support**
- **Funeral Arrangements**
- **Housing**
- **Legal**
- **LGBTQ+**
- **Meals & Nutrition**
- **Mental Health**
- **State/Federal Resources & Local Health Organizations**
- **Transportation, Mobile Car Care and Driver Safety**



Visit the 55+ Office in Person for more information on programs and services for seniors!

Adult Recreation Center
123 East Main Street, Los Gatos, 95030
55plus@lgsrecreation.org

LGS Recreation does not endorse, guarantee, represent, or warrant any of the agencies or information provided by a third party.

www.lgsrecreation.org/55-plus/hub

408.354.1514

Volunteers Wanted

Members to join our 55 Plus Social Committee. Help shape what programs, activities, and socials are available through the 55 Plus Program. Meet monthly to plan future events.

Next Meeting: Friday October 7th 10:00AM-11:00AM

55plus@lgsrecreation.org or call 408.354.1514



"Building a healthy community through enrichment, innovation and fun!"